



# LEMON-DILL FISH & CHIPS

with Parsley Mayo



Add dill to a fish crumb



Potato



Garlic



Lemon



Dill



Tomato



Dill & Parsley Mayonnaise



Rocket Leaves



Panko Breadcrumbs



White Fish Fillets

Hands-on: **25** mins  
Ready in: **35** mins

Eat me first

We managed to improve the classic fish and chips by packing flavour right into the crust! That's right, these pan-fried fillets have dill all through the crisp crumb so every bite is brimming with deliciousness. Paired with oven baked chips and a zesty mayo, it's a taste sensation.

**Pantry Staples:** Olive Oil, Honey, Plain Flour, Eggs

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, oven tray** lined with **baking paper, fine grater, medium bowl, three shallow bowls, whisk or fork, two plates, medium frying pan** and **paper towel**.



### 1 BAKE THE CHIPS

Preheat the oven to **220°C/200°C fan-forced**. Cut the **potatoes** (unpeeled) into 0.5cm chips. **TIP:** *Cut the potato to the correct size so it cooks in the allocated time.* Place the potatoes on an oven tray lined with baking paper, **drizzle** with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out in a single layer and bake for **25-30 minutes**, or until golden.



### 2 GET PREPPED

While the potatoes are baking, finely grate the **garlic** (or use a garlic press). Zest the **lemon** and slice into wedges. Pick and finely chop the **dill** leaves. Finely chop the **tomato**.



### 3 MAKE THE SALAD

In a medium bowl, combine the **dill & parsley mayonnaise (2 tsp for 2 people / 1 tbs for 4 people)**, a **squeeze of lemon**, the **honey** and **olive oil (1 tbs for 2 people / 2 tbs for 4 people)**. Season to taste with **salt** and **pepper**. Add the **rocket leaves** and **tomato** and just prior to serving, toss to coat.

**TIP:** *Toss the salad just before serving to keep the leaves crisp.*



### 4 CRUMB THE FISH

In the first shallow bowl, combine the **plain flour, salt (see ingredients list)** and a **good pinch of pepper**. In the second shallow bowl, whisk the **egg**. In the third shallow bowl, combine the **panko breadcrumbs (see ingredients list), garlic, lemon zest** and **dill**. Season with **salt** and **pepper**. Dip the **white fish fillets** into the flour mixture, followed by the egg, and finally in the breadcrumbs. Set aside on a plate, ready to fry.



### 5 COOK THE FISH

When the chips have about **6 minutes** cook time remaining, heat enough **olive oil** to coat the base of a medium frying pan over a medium-high heat. When the oil is hot, add the crumbed **fish fillets** to the pan and cook for **2-3 minutes** each side, or until golden and just cooked through. **TIP:** *Add extra oil if needed so the fish does not stick.* Transfer to a plate lined with paper towel. **TIP:** *The fish is cooked through when it turns from translucent to white.*



### 6 SERVE UP

Divide the lemon & dill fish, chips and rocket salad between plates. Serve with the remaining dill & parsley mayo and the lemon wedges.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
garlic	1 clove	2 cloves
lemon	1	2
dill	1 bunch	1 bunch
tomato	1	2
dill & parsley mayonnaise	1 tub	1 tub
honey*	½ tsp	1 tsp
rocket leaves	1 bag (30 g)	1 bag (60 g)
plain flour*	2 tbs	½ cup
salt*	½ tsp	1 tsp
eggs*	1	2
panko breadcrumbs	¾ packet	1½ packets
white fish fillets	1 packet	1 packet

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3120kJ (745Cal)	598kJ (143Cal)
Protein (g)	40.8g	7.8g
Fat, total (g)	41.3g	7.9g
- saturated (g)	5.3g	1.0g
Carbohydrate (g)	51.5g	9.9g
- sugars (g)	4.6g	0.9g
Sodium (g)	844mg	162mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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